

## AMERICANS REFUSE TO RISK TORPEDOES ON LINER ADRIATIC

Vessel's Sailing Delayed for Hours to Put War Supplies in Her Holds.

Ordinarily at this time of year the Adriatic of the White Star line would go out of this port with every stateroom filled, but she sails late this afternoon with only ten first cabin and 100 second cabin passengers. She was to have gone at noon, but a lot of war supplies came late alongside and all through the afternoon motor cars and "caterpillar" tractors—with broad wheels faced with paddles to keep them from sinking in the mud—were being hoisted in over the side.

The ship was painted war gray. The rule against any but passengers going aboard was enforced more strictly than ever before. All baggage had to be opened and thoroughly searched on the pier. The officials were taking no chances with spies or bombs.

The ship has a cargo capacity of 18,000 tons, and she was loaded down to her plimsol mark with war cargo. Besides the motors there was a great mass of war supplies.

There was no American among the passengers. Practically all of them were Canadians and young Englishmen going from Canada to join the colors. They all believed the Germans would leave nothing undone to "get" the Adriatic, and they all seemed to be thinking of trying times ahead. Smiles were scarce.

The steaming Europe of the Italian Line was also delayed from noon until very late in the day in order to put aboard a vast amount of war supplies. She was jammed to her cargo limit. She carried 150 cabin and 1,000 stateroom passengers, all warriors going home to fight for their country. Two thousand, at least, of their friends were on the pier to see them off, and the sound of singing and cheering was ample enough for a crowd of ten thousand.

## MEETS DEATH IN AUTO ON HER WAY TO WED

Prospective Bride and Groom Caught in Wreck While Speeding to This City.

NEW HAVEN, Conn., Aug. 4.—Miss Eunice Hoag, twenty-four years old, of Longmeadow, Mass., died at a local hospital to-day from injuries she received when an automobile driven by Gerald W. Warden of Springfield was overturned on a hill in Northford yesterday. Warden was recovered. He says that Miss Hoag and himself were on their way to New York City, where they were to be married.

## MISS COBB DODGES "FUSSY WEDDING"

BALTIMORE, Aug. 4.—Miss Lillian E. Cobb, twenty-one years old, of New York City, and Bruce Baird, twenty-two years old, member of the law firm of Bruce & Bastian of Washington, came to this city yesterday and were married by Rev. Jesse Bicknell, godfather of the bridegroom. They left for New York to-day.

Miss Cobb left the home of her grandmother, Mrs. E. M. Hulise, whom she had been visiting in Washington, saying that she was going to spend the day with a friend. She met a friend of Mr. Baird, who accompanied her to Baltimore by automobile. Mr. Baird, who left the capital several days ago to visit relatives in Howard County, met them here.

The bride is the daughter of Archibald Cobb, an official of the Remington Typewriter Company in New York. After the ceremony the couple sent telegrams to their friends and relatives. Their parents have forgiven them.

## For Constipation use EX-LAX

The Delicious Laxative Chocolate Ex-Lax relieves constipation, regulates the stomach and bowels, stimulates the liver and promotes digestion. Good for young and old, 10c, 25c, and 50c, at all druggists.

## Not Too Late!

If you have not already selected your vacation place, be sure and read the

## "Summer Resort" Advertisements

in the Daily and Sunday World. You will find among them all that one would possibly want to know where to spend an ideal vacation.

The World's Summer Resort Guide May Be Had at Any World Office. Only a Few Left!

## WHAT EVERY WOMAN SHOULD KNOW!

### How to Keep Well, Keep Strong and Keep a Perfect Figure, Told in a Series of Illustrated Lessons

To-Day's Illustrated Lesson Outlines Another "Diet and Exercise" Course for Developing and Gives a Difficult Leg-Raising Exercise.

LESSON XXXII.  
By Pauline Furlong.  
The Evening World's Authority on All Questions of Woman's Physical Well Being.

Yesterday I outlined for you the developing diet of milk so highly recommended by Bernarr Macfadden, an authority on physical culture. In the booklet he has written on "How to Gain Weight" he gives the details of still another method of developing which may interest some of my readers. He promises that if the regimen is conscientiously followed it will "effect a gratifying increase in weight, and improvement in health and strength also." The diet certainly seems adapted to delicate digestions.

#### ANOTHER "DIET AND EXERCISE" DEVELOPING SYSTEM.

As in the case of the milk diet, Mr. Macfadden would have the thin woman start with a fast. After that is over and the diet proper is being observed, he says that the day should begin with certain exercises which I have already given you. Among them are trunk raising, body bending and leg swinging. After these exercises, he says, there should be a rub-down with a rough towel.

"A few minutes following this," he continues, "eat some acid fruit and drink from one pint to one quart of sweet milk. For your acid fruit you can select ordinary apples, peaches, plums or any fruit of this nature."

"Some time during the day walk until at least slightly fatigued. This distance, of course, will vary in accordance with the individual strength. All the time during this walk take deep breathing exercises."

"Take your first real meal at noon. This should consist of bananas (very ripe), raw rolled oats or rolled wheat."

"Please remember when securing bananas that they should be very ripe. In a thoroughly ripened banana the skin is not much thicker than paper, and the blacker the skin is the better, provided, of course, the 'meat' of the banana is solid. The best kind of bananas to buy are those that are ripened with black spots all over them, similar to freckles. These bananas, if allowed to ripen in a fairly cool place, will be delicious and can be easily digested in all cases."

"Pour the rolled oats or wheat into a bowl and add raisins, dates, prunes, figs, or any other fruit that you desire for flavoring. Make your meal of the bananas and the rolled grain. It is better to eat this rolled grain without molasses, though, if you are unable to do this, you can add cream or milk, if you find it appetizing. However, it is far better if you do not moisten it, for you can then depend upon its being thoroughly masticated. You can drink at this meal from two to four glasses of sumik, according to desire."

#### THE PROPER WAY TO PREPARE "SUMIK" FOR USE.

"Sumik is beaten sour milk. It is prepared as follows: Allow ordinary whole sweet milk to stand in an airtight vessel (an ordinary milk bottle is satisfactory). Keep it in a room of moderate temperature until it has clabbered. It can be used as soon as it is clabbered, or it can stand several days before using. When desirous of using it, stir the cream and the milk together, and stir thoroughly with an egg beater until it assumes the condition of a frothy foam, or something like whipped cream. It is then ready for use."

"The evening meal should consist of similar foods to the second meal, though you can have whatever variety you may care for in the way of fruit, and you can add nuts of any kind to this meal, as you may fancy. Peanuts are especially valuable if eaten raw. You can also have a raw egg in any form you may care for at this meal, and drink sumik to the extent of your desire."

"Before retiring at night, if you can enjoy buttermilk or sumik, a glass or two could be taken advantageously."

"When following out this diet, if you are not hungry at meal-time, always wait until the next meal. Do not eat food upon the stomach that you do not need, for in this way you entirely defeat the object of the diet. Before retiring, I suggest that you take three or four minutes' exercise."

#### A DIFFICULT LEG-RAISING EXERCISE TO TRY.

To-day I have had photographed for you the front and side positions for leg raising. This is a very difficult exercise, but one which both the fat and the thin woman should practise. Assume the normal standing position. Then lift your left knee as high as possible, keeping the leg straight behind the knee, and making the instep and toe point downward.

You are thus balancing all your weight on one foot. The right leg, bent, with practice, you should be able to lift your knee so high that by stooping only a little you can clasp both hands over the heel of the foot that is off the floor. Try this exercise alternately with both legs, practising it from five to twenty times in suc-



PAULINE FURLONG

any of the exercises if you have a weak heart. Eat nourishing food: thick soups, milk, cream, etc., to gain weight.

#### ENLARGING LEGS, ARMS AND BUST.

MISS Y. Y. writes: "How can I make my legs, arms and bust larger?" This subject was covered during the entire week of July 19. If you did not get these six articles send 10 cents in stamps to me, to cover cost of same and postage.

#### SING SING BRIDEGROOM REGARDED AS HOPELESS BY JUDGE AT SENTENCE

Peter Cullen, Married in Warden's Office, Has Long Criminal Record.

Peter Cullen, the Sing Sing inmate who was married in the Warden's office at the prison yesterday, was regarded by the Court, when he was last sentenced, as an incorrigible. This was on Nov. 19, 1914, in the Court of General Sessions. Cullen had pleaded guilty to burglary in the third degree and Judge Wadhams in pronouncing sentence said:

"A perusal of your record shows me that there is no work in your case for a probation officer. You are a good example of the proposition that the hospital does not effect a cure."

Cullen, with three others, had gone into the saloon kept by John Guerin at No. 273 Tenth Avenue on the night of Nov. 3 last and held up all the inmates at the point of a pistol. He robbed the cash drawer of \$8, some keys and a pocket knife. He was arrested and was indicted for robbery in the first degree. Why the District Attorney took the lesser plea was one of the mysteries of the office.

Cullen was a gangster. He had committed depredations in the Hell's Kitchen district since the time he was a boy of thirteen. In 1907 he pleaded guilty to a charge of petit larceny and was sent to the Catholic Reformatory. In 1902 he was sent to the House of Refuge on a plea of the same kind. In 1905 he was convicted of burglary and sent to the Elmira Reformatory. Two years later he shot a man named Thomas Jackson of No. 572 West Thirty-ninth Street, and was sentenced to Sing Sing for eight years and six months.

Cullen served five years and was paroled. Because of his last offense he is obliged to serve the unexpired balance of three years and six months.

#### LUNCHEON FOR DISPLAY MEN.

Window Beautifiers From Out of Town Entertained at Macy's.

One hundred delegates to the fourth annual trade exposition of the Independent Association of Display Men were lunched to-day at Macy's. The window display manager for R. H. Macy & Co. the luncheon was served in the Macy restaurant, which was appropriately decorated with flowers and in welcoming the visitors, who represented the biggest department stores in America, Mr. Albert said:

"This gathering is a token of good fellowship and an expression of my sincere appreciation of the fine spirit you have shown during your visit here. After the luncheon the delegates made a tour of the Macy store."

#### Whitman Goes to Newport.

ALBANY, N. Y., Aug. 4.—Gov. Whitman left Albany to-day for his summer cottage at Newport. It was stated at the Executive Chamber that he would probably not return to the capital until next week.

#### REDUCING HIPS, WAIST AND THIGHS.

MISS C. F. writes: "Please tell me just which exercises will reduce waist, hips, thighs, and other parts of body which are too fat from lack of exercise."

Swaying and bending with knees rigid—illustrated July 9 and July 7—will reduce the waist line; leg circling shown June 30, will reduce thighs and rolling is the very best exercise for reducing large hips. This was published July 8. Follow the diet and do not overdo the exercises at first.

#### A WEAK HEART.

N. M. asks: "Will the exercises benefit me? I have a weak heart but want to gain weight."

Consult a physician about taking

## LANSING CONSIDERS BRITAIN'S REFUSAL OF TRADE DEMANDS

Notes Justify British Contentment Regarding Neutral Commerce.

WASHINGTON, Aug. 4.—State Department officials to-day were preparing the answer which the United States will make to Great Britain's replies to the latest American representations against interference with neutral commerce.

Great Britain, in her notes, published to-day, refuses to accept the American contention that the Orders in Council are illegal and justifies the British course as being wholly within international law.

Great Britain, it is declared, will continue to apply the Orders in Council, but with every effort to avoid embarrassment to neutrals.

It is denied that international law is violated by the blocking of neutral ports to cut off an enemy's commerce with foreign countries and Great Britain declines to allow a free passage of goods originating in Germany and territory under German control.

Great Britain's reply is embodied in two notes, one supplemental. The correspondence over the American steamer Neches, seized by the British while bound from Rotterdam to the United States with goods of German origin, is also published to-day.

The supplemental note is a reply to the American "caveat" giving notice that the United States would not recognize any prize court decision it holds unjust.

In the case of the steamer Neches, detained under the orders in council, the note justifies British seizure of commerce from Germany and German controlled territory on the ground that Germany has violated international law in her war on British and neutral commerce.

An answer to the British notes shortly will be forthcoming, data for which has been in course of preparation for some time.

The German note regarding the sinking of the American ship William F. Frye probably will be given out late to-day for publication to-morrow morning.

## "MAY, THE FAINTER," TAKES DROP IN COURT

Gets Up Quickly, However, When Detective Tells of Faking.

When a jury before Judge Crain in General Sessions to-day returned a verdict of guilty of petty larceny against May Anderson, young and pretty, of No. 254 West Forty-fifth Street, she promptly fainted. Court attendants rushed to her aid, but were waived aside by the detective who had arrested her.

"She'll come to, all right," he told the attendants; "that's May, the fainting shoplifter."

Opening her eyes for a second, the young woman saw the detective and got up.

Clarence Wilson of No. 212 West One Hundred and Twenty-fourth Street, the Anderson woman's companion, was convicted with her. The two, on March 13 last, broke into an apartment of another tenant at No. 254 West Forty-fifth Street and stole a quantity of jewelry. They will be sentenced to-morrow.

Central Office detectives told Judge Crain that the young woman was a "stall" for shoplifters. Upon entering a department store she would fall to the floor in a well simulated faint, and while the store employees were endeavoring to revive her her companions would be busy stealing.

## HARRY ELIAS VANISHES.

Son of Brewer Disappears From Health Farm.

Harry Elias, twenty, son of the late Henry Elias, millionaire brewer, disappeared from Mac Levy's health farm at Babylon, L. I. After an all night search in the storm, directed by the boy's mother, an alarm was sent to-day to the New York police, who are asked to seek him throughout the city.

Young Elias is five feet, eight inches tall, weighs 200 pounds and is vigorous and athletic. He has been in a bad nervous condition of late, and three weeks ago his mother took him down to Levy's farm in the hope of curing his trouble. Levy thinks the boy is in some farm house in the neighborhood, keeping out of the storm.

## VANDERBILT HOUSE TO BE REMODELED

Will Spend \$240,000 Altering the Structure at Fifty-first Street and Fifth Avenue.

The southerly one of the Vanderbilt dwellings, on the westerly side of Fifth Avenue, from Fifty-first to Fifty-second Street, is to be virtually rebuilt. It is at the northwest corner of Fifty-first Street and is the home of Cornelius Vanderbilt.

Horace Trumbauer has filed plans for the improvement of the structure, the estimated cost being placed at \$240,000. Up to the latter part of last year the premises were occupied by Henry C. Frick, at a yearly rental of \$50,000. He vacated the house to take up his \$500,000 mansion at Seventieth Street and Fifth Avenue.

The interior of Mr. Vanderbilt's house will be entirely torn out, floors altered and suites rearranged. The exterior, doors and windows will also be changed.

## POUND FOR APPEALS COURT.

Governor to Name Him—Makes R. L. Davis a Justice.

ALBANY, Aug. 4.—Cuthbert W. Pound, of Lockport, will be designated by Gov. Whitman as an Associate Justice of the Court of Appeals to succeed Judge Nathan L. Miller of Cortland, recently retired. Mr. Pound was local adviser to former Gov. Higgins, and recently he has been acting as a member of the Supreme Court at Buffalo.

Rowland L. Davis has been designated by the Governor as Justice of the Supreme Court in the Sixth District, to succeed Justice Miller.

## MEXICANS WILL BE FORCED TO ACCEPT PLANS FOR PEACE

Joint Action by United States and Pan-American Republics Has Been Outlined.

WASHINGTON, Aug. 4.—Interest in to-morrow's conference on the Mexican problem between Secretary Lansing and diplomatic representatives of six Latin-American countries was heightened to-day as further details of the origin of the plan for joint co-operation in pacifying the southern republic came to light.

One of the latest developments is the fact that the decision to ask aid of Central and South America in settling the Mexican difficulty was reached by President Wilson in June when his warning to the warring factions to settle their difficulties and restore peace went unheeded.

The diplomats were invited June 30 to participate in a conference while the appeal to the Mexican factions was withheld, however, pending the sanctioning of the plan by the Latin-American nations.

It was considered likely to-day that the first step in the President's plan, which will be submitted to the conference by Secretary Lansing, will be a last appeal to the factions to end the strife and arrange for a settled government. If any factions fail to heed the warning the plan is said to include extension of moral and financial support to other factions.

The plan is also said to include a restoration of the ban on war munitions to the revolting factions and a demand that the railroad lines be kept open for the transportation of food supplies to the starving people of the capital.

Failure to do this might result in joint steps by the United States and the Latin-American nations to take physical control of the capital and the railroad by force and to hold them pending restoration of peace.

Paul Fuller, one of President Wilson's special envoys in Mexico since the break between Carranza and Villa, will participate in the conference to-morrow. Duval West, another of the President's special investigators, is also in the city.

Mr. Fuller is understood to have been sounding the views of Mexican leaders and has brought encouraging reports.

Secretary Lansing continued to refuse to discuss the plan of procedure, but the belief grows in unofficial quarters that it contemplates designating a President satisfactory to at least a large portion of the Mexican people and whose government will be recognized by the American nations.

European governments with heavy Mexican holdings are believed to be ready to follow the lead of the United States.

Eduardo Irujo, urged for President by some of the leaders not allied with Carranza or Villa, arrived in Washington to-day from the border. Whether his presence on the eve of the Pan-American Mexican conference was of significance was not disclosed.

## HUNT MEXICAN DANDITS WHO BURN R. R. BRIDGE

Gang After Raid in Which U. S. Trooper Was Killed Use Torch and Cut Telegraph Wires.

BROWNSVILLE, Tex., Aug. 4.—Following up their recent raids, which yesterday resulted in the death of a United States trooper, Mexican bandits to-day burned the 223-foot bridge of the St. Louis, Brownsville and Mexico Railroad eight miles north of Harlingen. Wires also were cut. A posse is pursuing.

Concerts To-Night in Four Parks. Concerts will be held to-night at the following places:—Columbus Park, East Side Municipal Band; Battery Park, West Side Municipal Band; Morristown Park, Uptown Municipal Band, and Alaska Park, S. L. Staten Island Municipal Band.

## POSLAM BRINGS COMFORT WHEN THE SKIN AILS

If you need its marvellous healing effects, do not hesitate to use Poslam, for it cannot possibly harm.

For the eradication of Eczema, Acne, Tetter, Psoriasis, Barber's Itch and all other skin troubles Poslam proves its healing powers at once, improvement being seen daily.

When treating Pimples, Red Nose, Complexion, Blemishes, Rash, Scaly troubles, etc., results are seen overnight, only a small quantity being required.

Poslam Soap, medicated with Poslam, is the soap of many benefits for tender skin. Try one month for Toilet and Bath.

For samples, send 4c stamps to Emergency Laboratories, 38 West 25th St., New York City. Sold by all druggists.

**AUERBACH'S Chocolate Roasted Peanut Bar**  
DAUERBACH & SONS  
NEW YORK  
At Your Dealers

**MATERNITY APPAREL**  
Final Reductions  
on entire human stock to effect quick clearance before opening of new season.  
Dresses, Coats, Suits, Waists, Skirts, Nightgowns, Corsets, Underwear.  
Lane Bryant is originator and largest manufacturer of maternity apparel, scientifically designed to anatomically create proper balance for the figure without changing processes allowing for necessary expansion without removal of any fastenings, and differ in no way from prevailing modes.  
Phone 4415  
Lane Bryant 25 West 25th St., New York

The common sense of temperance  
This RHEINAROON now teaches:  
He's drinking here mild Rheingold Beer  
To practice what he preaches.

**Rheingold Beer**

As a thirst quencher and a temperance drink, Rheingold Beer is far more satisfying than any other drink.

**S. Liebmann's Sons Brewing Co.**